

Examination of Conscience

My relationship with God.

- What steps am I taking to help me grow closer to *God* and to others? Do I turn to *God* often during the day, especially when I am tempted?
- Do I participate at Mass with attention and devotion on Sundays and holy days? Do I pray often and read the Bible?
- Do I use *God's* name and the names of Jesus, Mary and the saints with love and reverence?

My relationship with Family, Friends, and Neighbors

- Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?
- Am I loving of those in my family? Am I respectful of my neighbors, my friends, and those in charge?
- Do I show respect for my body and for the bodies of others? Do I keep away from forms of entertainment that do not respect *God's* gift of my body and other's bodies?
- Have I taken or damaged anything that did not belong to me? Have I cheated, copied others work for my own or lied?
- Do I argue with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?